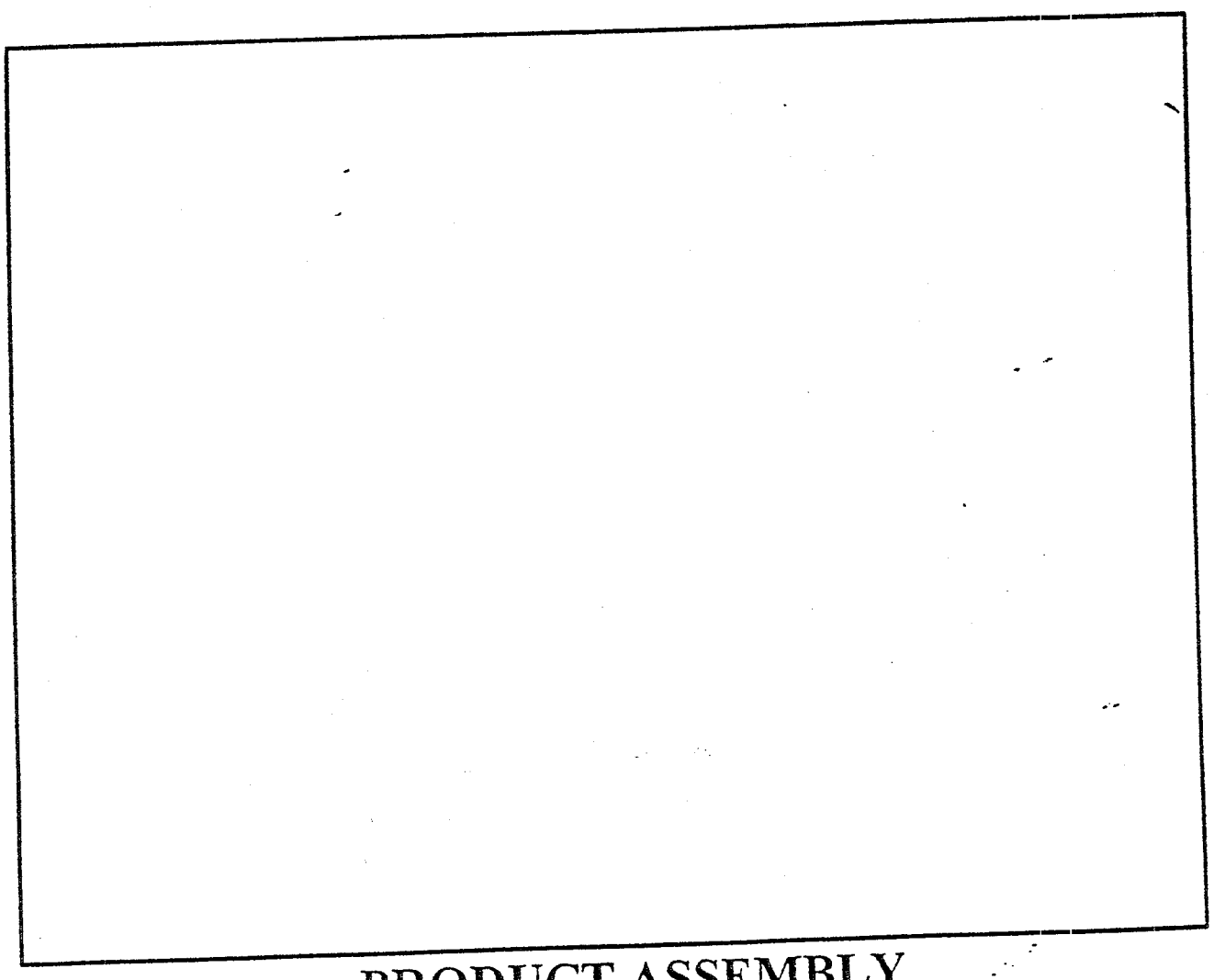
Strength Building Gear

701
PARABODY 525 PEC DEC OPTION

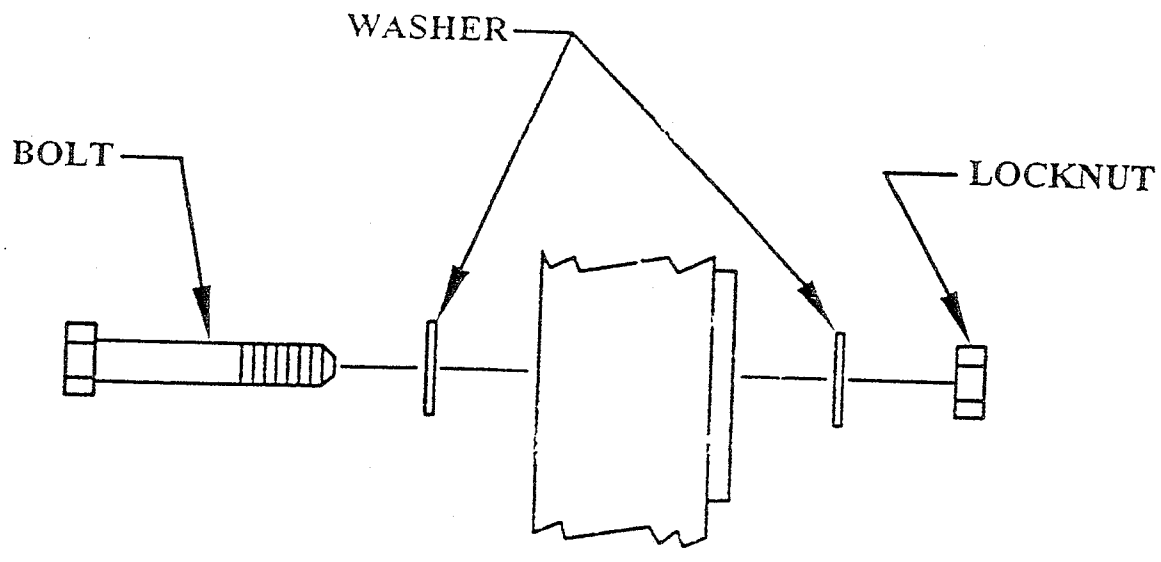


PRODUCT ASSEMBLY INSTRUCTIONS SHEETS

REVISION C

!!! ATTENTION !!!

UNLESS OTHERWISE SHOWN, ALL CONNECTIONS WILL CONSIST OF ONE (1) BOLT, TWO (2) WASHERS, AND ONE (1) LOCK NUT.



SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

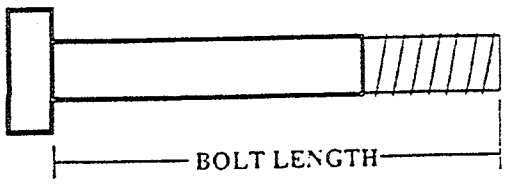
HARDWARE:

ITEM	NAME/DESCRIPTION	QTY
1.	1/2 X 4-1/2 IN. BOLT	2
2.	3/8 X 2 IN. BOLT	2
3.	3/4 IN. WASHER	2
4.	1/2 IN. WASHER	4
5.	3/8 IN. WASHER	4
6.	1/2 IN. LOCK NUT	2
7.	3/8 IN. LOCK NUT	2
8.	COTTERLESS HITCH PIN	2
9.	CABLE RETAINING CLIP	2
10.	3/4 I.D. STAR LOCK COLLAR	2
11.	3/4 IN. FLANGE BEARING	4
12.	KNOB	2
13.	CARRIAGE GUIDE	2
14.	2 IN. SQ. END CAP	6

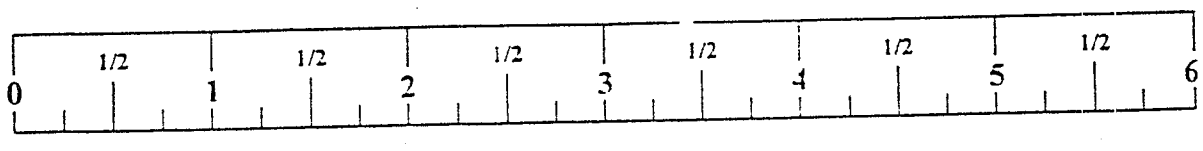
WELDMENTS/PARTS:

ITEM	NAME/DESCRIPTION		QTY
1.	BEARING HOUSING	(6352701)	1
2.	CENTER PULLEY BRACKET	(6352401)	1
3.	RIGHT PEC DEC ARM	(6354101)	1
4.	LEFT PEC DEC ARM	(6354201)	1
5.	RIGHT ARM ADVANCE	(6352101)	1
6.	LEFT ARM ADVANCE	(6352201)	1
7	4 X 12 ROLLER PAD	(6176201)	2
8.	4-1/2 X 1 IN. PULLEY	(3116101)	2

NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.



BOLT LENGTH RULER:



701 FACTOR 525 PEC DEC ATT. ASSEMBLY PARTS LIST *(LEVEL 2)*

SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

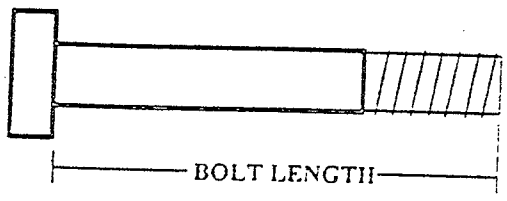
HARDWARE:

ITEM	NAME/DESCRIPTION	QTY
1.	3/8 X 2 IN. BOLT	1
2.	3/8 X 1-3/4 IN. BOLT	1
3.	3/8 IN. WASHER	8
4.	1/4 IN. WASHER	2
5.	3/8 IN. LOCK NUT	2
6.	3/8 IN. LOW HEIGHT LOCK NUT	2
7.	3/8 IN. NUT	2
8.	1/4-28 IN. NUT	2
9.	D-RING CABLE CLIP	1
10.	PULLEY BRACKET	1
11.	SWIVEL	1

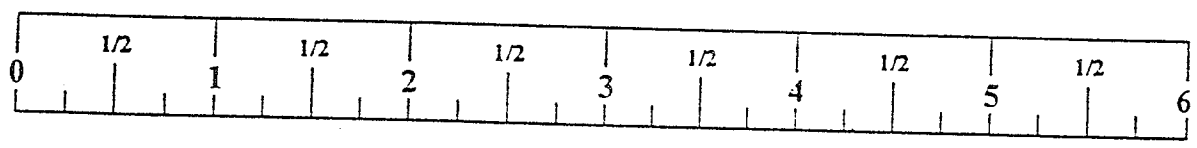
WELDMENTS/PARTS:

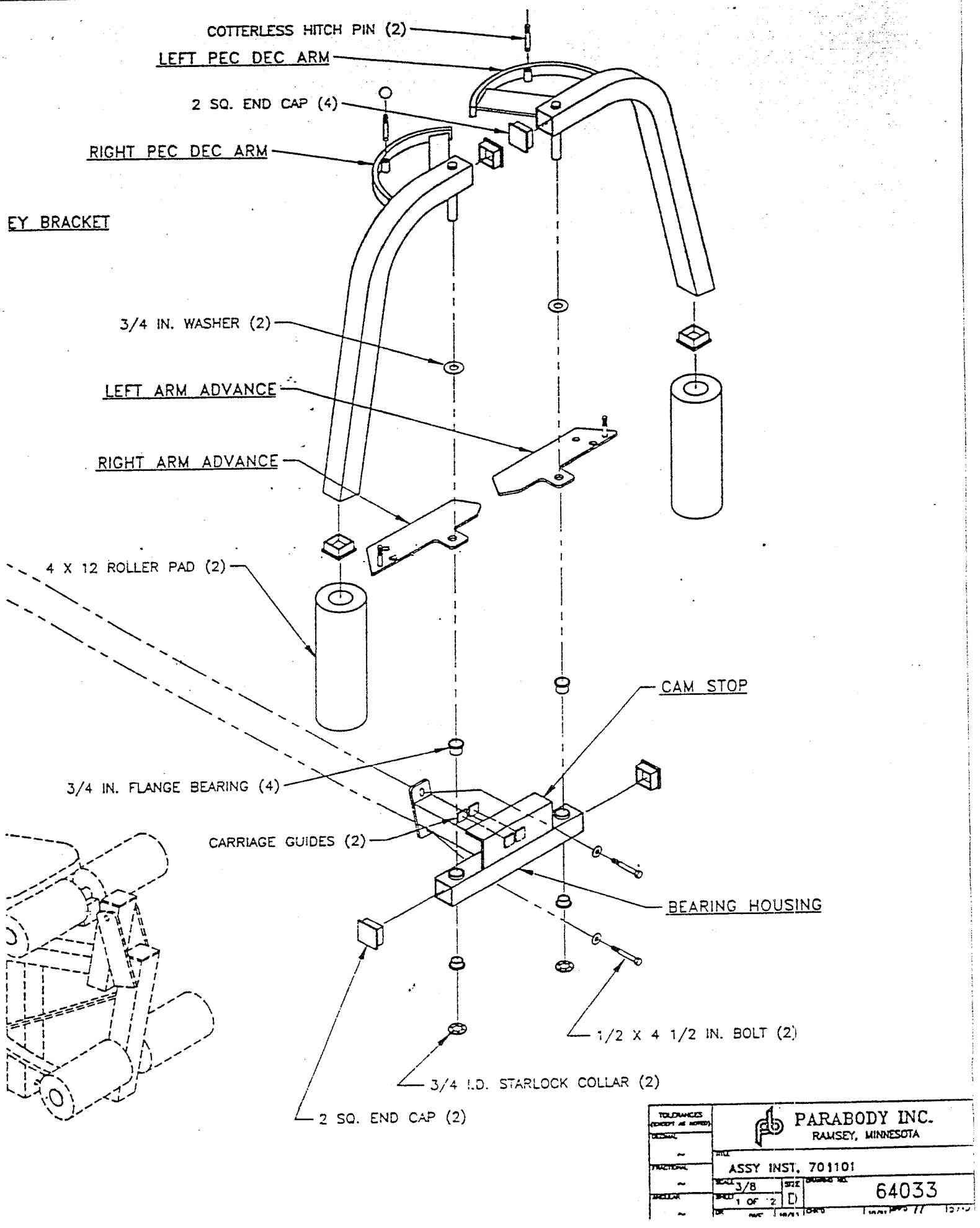
ITEM	NAME/DESCRIPTION		QTY
1.	LINK CABLE	(6371801)	1
2.	LOOP CABLE	(6371101)	1
3.	SHOCK CORD	(6271801)	1
4.	4-1/2 X 1 IN. PULLEY	(3116101)	3

NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.



BOLT LENGTH RULER:




COTTERLESS HITCH PIN (2)
LEFT PEC DEC ARM
2 SQ. END CAP (4)
RIGHT PEC DEC ARM
EY BRACKET
3/4 IN. WASHER (2)
LEFT ARM ADVANCE
RIGHT ARM ADVANCE
4 X 12 ROLLER PAD (2)
CAM STOP
3/4 IN. FLANGE BEARING (4)
CARRIAGE GUIDES (2)
BEARING HOUSING
1/2 X 4 1/2 IN. BOLT (2)
3/4 I.D. STARLOCK COLLAR (2)
2 SQ. END CAP (2)

TOLERANCES (UNLESS AS NOTED)	PARABODY INC. RAMSEY, MINNESOTA
DECIMAL ~	TITLE ASSY INST. 701101
FRACTIONAL ~	SCALE 3/8 SIZE D DRAWING NO. 64033
ANGULAR ~	SHEET 1 OF 2
DR	CHKD

701 FACTOR 525 PEC DEC ATT. ASSEMBLY INSTRUCTIONS *(LEVEL 1)*

NOTE: IF THE SHROUD IS ASSEMBLED TO THE FACTOR 525, IT WILL NEED TO BE REMOVED TO ASSEMBLE THE PEC DEC ATTACHMENT. PLEASE REMOVE THE SHROUD AT THIS TIME BY CAREFULLY REMOVING THE FOURTEEN (14) SHROUD FASTENERS.

1. Insert two (2) 2 IN. SQ. END CAPS into both ends of the BEARING HOUSING, as shown on drawing.

2. SECURELY assemble the BEARING HOUSING and the CENTER PULLEY BRACKET to the FRONT UPRIGHT as shown on drawing, using two (2) 1/2 X 4-1/2 IN. BOLTS, four (4) 1/2 IN. WASHERS, and two (2) 1/2 IN. LOCK NUTS. (THE CONNECTOR PLATES ON THE BEARING HOUSING AND THE CENTER PULLEY BRACKET HAVE SLOTTED HOLES. SHIFT THE BEARING HOUSING DOWN AND THE CENTER PULLEY BRACKET UP AS FAR AS POSSIBLE)

3. Insert four (4) 2 IN. SQ. END CAPS into BOTH ENDS of the LEFT, and RIGHT PEC DEC ARMS as shown on drawing.

4. Assemble one (1) 3/4 IN. WASHER, and the LEFT ARM ADVANCE to the LEFT PEC DEC ARM as shown on drawing. Also Assemble one (1) 3/4 IN. WASHER, and the RIGHT ARM ADVANCE to the RIGHT PEC DEC ARM as shown.

5. Insert four (4) 3/4 IN. FLANGE BEARINGS into the BUSHINGS of the BEARING HOUSING, as shown on drawing.

6. Insert the LEFT and RIGHT PEC DEC ARMS through the 3/4 IN. FLANGE BEARINGS in the BEARING HOUSING on their respective sides as shown on drawing, and SECURE them in place with two (2) 3/4 I.D. STAR LOCK COLLARS.

7. Slide two (2) 4 X 12 ROLLER PADS onto the LEFT and RIGHT PEC DEC ARMS, until the ROLLER PAD is FLUSH with the bottom of the ARMS. (IF A LUBRICANT IS REQUIRED, COAT THE INSIDE OF THE ROLLER PAD WITH RUBBING ALCOHOL. ALSO, ROTATING THE PAD WHILE PUSHING UP WILL HELP TO EASE ASSEMBLY)

8. Assemble two (2) KNOBS to two (2) COTTERLESS HITCH PINS as shown on drawing. Insert the two (2) COTTERLESS HITCH PINS through the BUSHINGS on the CAMS of the RIGHT and LEFT PEC DEC ARMS, and into the holes on the PEC ARM ADVANCES. SEE DRAWING.

9. Attach two (2) CARRIAGE GUIDES to the CAM STOP on the BEARING HOUSING where the PEC ARM ADVANCES makes contact with the CAM STOP.

10. LOOSELY assemble two (2) 4-1/2 X 1 IN. PULLEYS and two (2) CABLE RETAINING CLIPS to the CENTER PULLEY BRACKET as shown on drawing, using two (2) 3/8 X 2 IN. BOLTS, four (4) 3/8 IN. WASHERS, and two (2) 3/8 IN. LOCK NUTS. (NOTE: THIS CONNECTION WILL BE TIGHTENED AFTER THE CABLE HAS BEEN ROUTED)

THIS CONCLUDES THE ASSEMBLY OF *(LEVEL 1)*

1. LOOSEN the 3/8 X 4 IN. BOLT that assembles the two (2) PULLEYS, and two (2) 1/2 IN. SPACERS in the BASE directly behind the FRONT UPRIGHT. Remove the 3/8 IN. LOCK NUT, and the 3/8 IN. WASHER. Slide the BOLT out enough to remove the two (2) 1/2 IN. SPACERS. Replace the 1/2 IN. SPACERS with one (1) 4-1/2 X 1 IN. PULLEY, as shown in (VIEW B-B). Slide BOLT back and Replace the 3/8 IN. WASHER, and 3/8 IN. NUT. TIGHTEN CONNECTION SECURELY.

2. SECURELY assemble one (1) 4-1/2 X 1 IN. PULLEY to the single hole in the BASE directly behind the FRONT UPRIGHT as shown in (VIEW B-B) on drawing, using one (1) 3/8 X 1-3/4 IN. BOLT, two (2) 3/8 IN. WASHERS, and one (1) 3/8 IN. LOCK NUT.

3. To assemble the LOOP CABLE, follow the cable routing diagram on drawing, and use the following steps:

   - Assemble one end of the LOOP CABLE to the LEFT ARM ADVANCE and the other end of the LOOP CABLE to the RIGHT ARM ADVANCE (MAKE SURE THAT LOOP CABLE IS ROUTED BETWEEN THE AB CRUNCH CABLE AND THE FRONT UPRIGHT) as shown on drawing, using two (2) 3/8 IN. NUT, four (4) 3/8 IN. WASHERS, and two (2) 3/8 IN. LOW HEIGHT LOCK NUT. (TIGHTEN THE CONNECTION ENOUGH TO REMOVE THE PLAY, YET ALLOWING THE LOOP TO MOVE FREELY)

   - Drape the CABLE over the both PULLEYS on the CENTER PULLEY BRACKET. (THIS WILL FORM A LOOP IN THE CENTER OF THE CABLE)

   - Position CABLE RETAINING CLIPS in a 45 DEGREE position over the PULLEYS and CABLES, and tighten the two (2) PULLEY connections SECURELY. SEE DRAWING.

4. To assemble the LINK CABLE, follow the cable routing diagram on drawing, and use the following steps:

   - LOOSELY assemble the PULLEY BRACKET to the LINK CABLE as shown in (DETAIL E) on drawing, using two (2) 1/4 IN. WASHER, and two (2) 1/4-28 IN. NUTS. (LOCATE PULLEY BRACKET HALF WAY UP ON THE THREADS OF THE LINK CABLE. DO NOT TIGHTEN NUTS AT THIS TIME)

   - Slip one (1) 4-1/2 X 1 IN. PULLEY into the LOOP of the LOOP CABLE created from routing in STEP 3. (VIEW D-D) While holding that PULLEY in the LOOP, SECURELY assemble the PULLEY BRACKET over the PULLEY as shown in (DETAIL E) on drawing, using one (1) 3/8 X 2 IN. BOLT, two (2) 3/8 IN. WASHERS, and one (1) 3/8 IN. LOCK NUT.

   - Route the LINK CABLE as shown on drawing. (ALSO SEE VIEW B-B)

   - Run the LINK CABLE through the pre-determined hole of the D-RING as shown in (DETAIL A) and attach one (1) D-RING CABLE CLIP around the ball end of the LINK CABLE.

5. Attach one (1) SHOCK CORD to the D-RING CABLE CLIP on the end of the LINK CABLE as shown in (DETAIL A).

6. Route the SHOCK CORD up and around the pre-determined 2 IN. PULLEY above the D-RING as shown in (VIEW C-C), and down to the BASE.

7. Attach one (1) SWIVEL to the end of the SHOCK CORD. Slip the end of the SWIVEL over the L-PIN on the BASE, and position the SWIVEL directly over the FIRST PULLEY as shown in (VIEW B-B) on drawing.

8. The D-RING CABLE CLIP on the end of the LINK CABLE should rest just above the D-RING. If the LINK CABLE seems to be pulling on the D-RING or is resting too far above the D-RING, adjust it by raising or lowering the two (2) 1/4-28 IN. NUTS that attaches the LINK CABLE to the PULLEY BRACKET. When the correct height is obtained SECURELY tighten the two (2) 1/4-28 NUTS together around the PULLEY BRACKET.

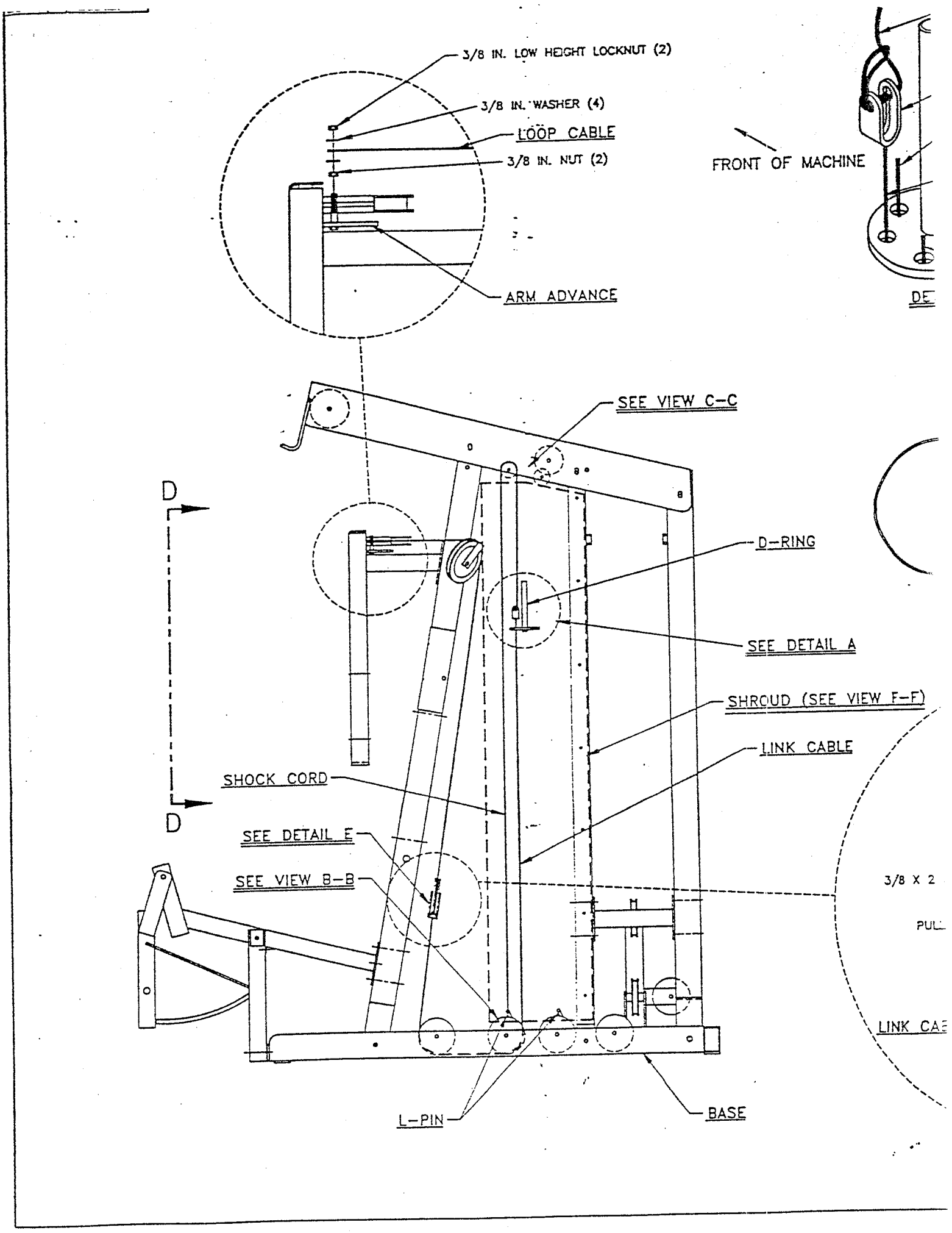
9. To adjust the pre-stretch on the PEC DEC ARMS:

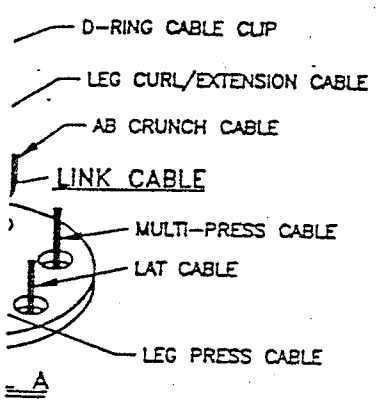
- Pull up on the COTTERLESS HITCH PIN.
- Swivel the ARM forward or backward.
- Let the PIN drop down into one of the two holes in the PEC ARM ADVANCES.
- Or let the PIN drop behind the PEC ARM ADVANCES.

NOTE: IF ASSEMBLING THE LEG PRESS ATTACHMENT NEXT, STOP HERE AND REFER TO THOSE ASSEMBLY INSTRUCTIONS. IF ONLY ASSEMBLING THE PEC DEC ATTACHMENT TO BASE UNIT, CONTINUE ON WITH THESE ASSEMBLY INSTRUCTIONS.

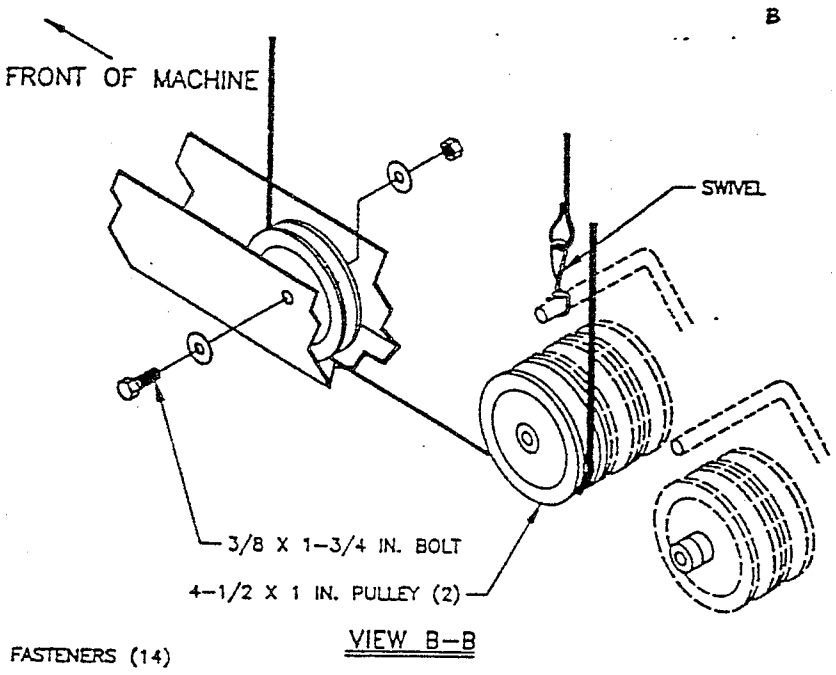
10. Wrap the SHROUD around the CABLES that route to the D-RING, and assemble the SHROUD to BOTH SIDES of the MIDDLE UPRIGHT as shown in (VIEW F-F) on drawing, using the fourteen (14) SHROUD FASTENERS.

THIS CONCLUDES THE ASSEMBLY OF *(LEVEL 2)*, AND THE ASSEMBLY OF THE PEC DEC ATTACHMENT FOR THE FACTOR 525 BASE UNIT.

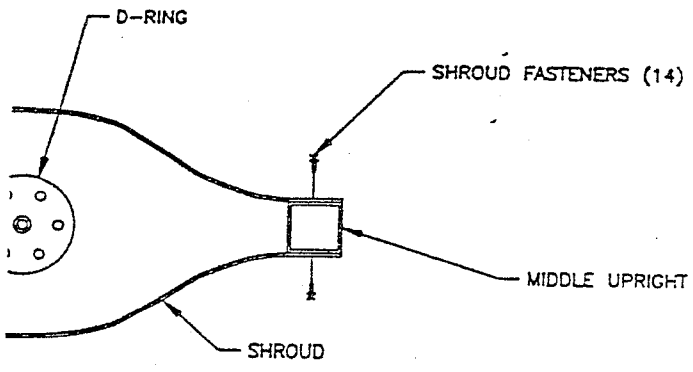

3/8 IN. LOW HEIGHT LOCKNUT (2)
3/8 IN. WASHER (4)
LOOP CABLE
3/8 IN. NUT (2)
ARM ADVANCE
FRONT OF MACHINE
SEE VIEW C–C
D
D–RING
SEE DETAIL A
SHROUD (SEE VIEW F–F)
LINK CABLE
SHOCK CORD
SEE DETAIL E
SEE VIEW B–B
3/8 X 2
L–PIN
BASE



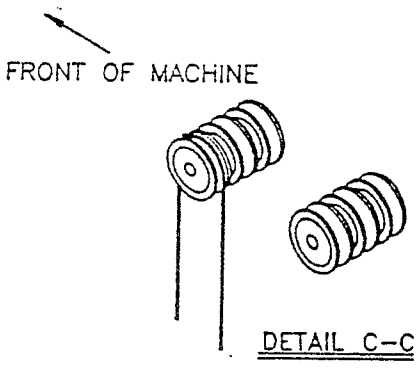
A



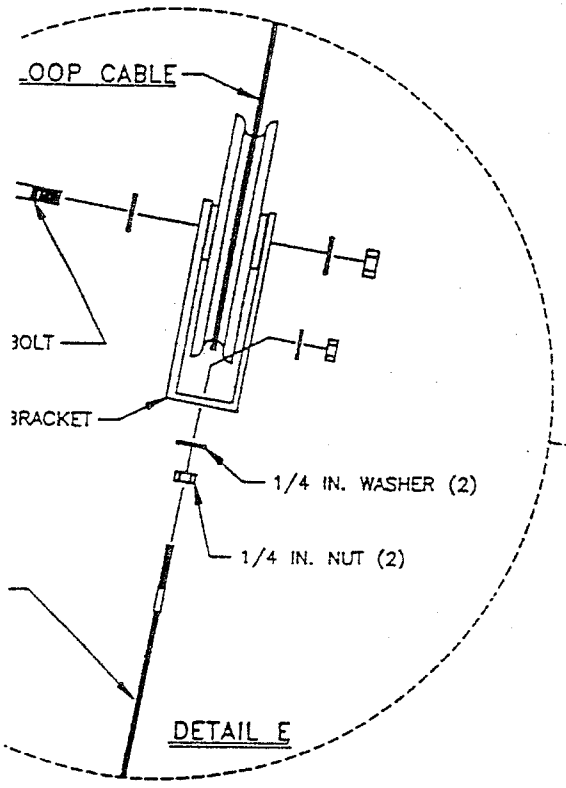
VIEW B-B



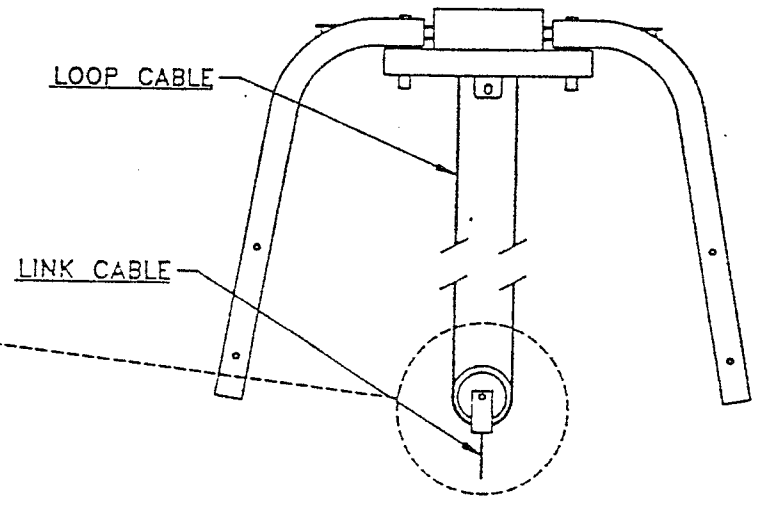
VIEW F-F



DETAIL C-C



DETAIL E



VIEW D-D

TOLERANCES (UNLESS AS NOTED)	PARABODY INC. RAMSEY, MINNESOTA		
DECIMAL ~	TITLE FACTOR 525 PEC DEC ATT., LEVEL 2, 701	J ERICKSON	NO/-
FRACTIONAL ~			
ANGULAR ~	SCALE NONE	SIZE D	DRAWING NO. 64034
	SHEET 2 OF 2		